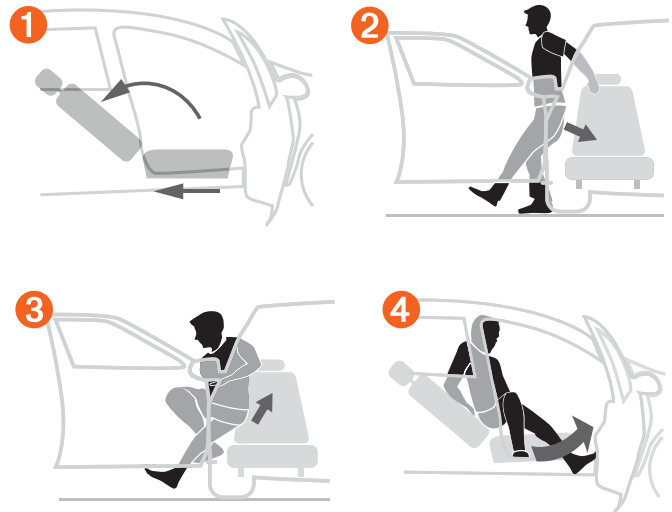


### Getting Into a Car

- 1 Adjust passenger side seat to be reclined and pushed back as far as possible.
- 2 Extend surgical leg in front of you and reach back to find seat. Slowly lower yourself down onto seat.
- 3 Use non-surgical leg to slide your pelvis up onto the reclined portion of the car seat.
- 4 With pelvis high on the seat, carefully lift (with assistance) surgical leg into car while your body swings with it.



### Getting Out of a Car

- 1 Fully recline seat and slide it back as far as possible.
- 2 Use non-surgical leg to slide pelvis up and onto reclined portion of the seat.
- 3 Swing non-surgical leg out over the side of the car. With assistance, swing surgical leg outside of car.

